

Chicken Faux Gras

Makes 3 cups, serving 12 as an appetizer or spread

Mousse

16 tablespoons unsalted butter,
at room temperature
1 cup finely chopped onions
1 garlic clove
½ cup heavy cream
1 pound chicken livers, rinsed and any
dark spots or veins removed
1 teaspoon fine sea salt
½ teaspoon freshly ground black
pepper

Parsley gelée

½ English cucumber (about 7 ounces),
cut into 2-inch lengths
1 teaspoon unflavored gelatin
1 teaspoon fresh lemon juice
1 teaspoon granulated sugar
Pinch of fine sea salt
1 to 2 drops Tabasco sauce
2 to 3 tablespoons minced Italian
parsley

Preheat the oven to 300° F.

For the mousse, melt 2 tablespoons of the butter in a small saucepan over medium heat. Add onions and stir to coat with butter. Cover pan and cook about 5 to 7 minutes, stirring occasionally, until onions are translucent. Using a rasp grater, grate the garlic directly onto the onions (or mince and add garlic). Add cream and bring to a simmer. Cover, reduce heat to low, and cook gently about 6 minutes, or until onions are very soft.

Remove from the heat and stir in the remaining 14 tablespoons butter. Return to the heat and stir until butter has melted and mixture is combined. Remove from the heat.

Place raw chicken livers in a blender and add the onion mixture, salt, and pepper. Blend thoroughly, scraping down the sides of the container as necessary. Transfer to a measuring cup or bowl with a spout.

Bring a pot of water to a boil. Place four small ovenproof bowls or crocks, each with about a 1-cup capacity, into a large deep baking dish, arranging them so that they do not touch one another or the sides of the dish. Using a small strainer, strain mousse into the bowls, dividing it evenly.

[recipe continues on reverse]

Cover each bowl with a piece of aluminum foil. Ladle or pour enough boiling water into the baking dish to reach halfway up the sides of the bowls, then place in the oven. Bake about 30 minutes, or until the mousse is set. Remove from oven and let cool to room temperature. Refrigerate mousse for a few hours to chill.

Once mousse is cold and set, prepare the gelée. Place cucumber pieces in a food processor and blend until liquefied. Pour through a fine-mesh strainer into a measuring cup. This should make ½ cup cucumber water.

In a small microwave-safe bowl, combine gelatin and ¼ cup of the cucumber water. Add lemon juice, sugar, salt, and Tabasco to the remaining cucumber water.

Place cucumber water and gelatin in the microwave and heat just until the gelatin melts. Do not allow to boil. Stir gelatin mixture into the seasoned cucumber water. Stir in 2 tablespoons of parsley. Add some or all of the remaining parsley a little at a time until the mixture is dense with parsley but the green of the cucumber water is still visible.

Remove mousse from the refrigerator and spoon about 2 tablespoons of gelée on top of each container. Refrigerate about 1 hour, until gelée is set.

Let stand at room temperature for 30 minutes before serving. (The assembled faux gras can be refrigerated for up to 3 days before serving.)

Adapted from Michel Richard, *Happy in the Kitchen* (2006)

Garden Café Français

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